

Annual Bon Odori festival heats up Nimitz Park



Member of the JMSDF Recruit Training Center perform with the famous Jaodori, or dragon, during a dance at the Bon Odori festival at Nimitz Park July 23. The festival provided festival-goers of all ages with a variety of dances, entertainment, food and fellowship. (Official U.S. Navy Photo by JOSA Jeff Johnstone.)

JOSA Jeff Johnstone
CFAS Public Affairs

The Japanese Maritime Self Defense Force (JMSDF) held the annual Bon Odori Festival Friday, July 23 at Nimitz Park.

Bon Odori is the Japanese word for “dance.” The celebration ties into the tradition known as Obon, or the “Festival of the Dead.”

Obon is a special time of year for many Japanese, as it is one of the few times during the year that the extended family has an opportunity to really come together.

Obon takes place July 13-15 each year. Japanese families hang paper lanterns painted with their familie’s crest on them to guide deceased ancestors back to the ohaka, or family tomb.

In some Japanese regions, Obon is celebrated the following month in August.

Civilians and military personnel alike were treated to a variety of Japanese dances, competitions, opportunities to win various door prizes as well as fun activities for children.

The festival is a delightful tradition, said Yatsunami Ryuzo, an attendant at one of the many tents providing entertainment to festival goers. According to Ryuzo, “Bon Odori is a gathering of family and friends unique to the Sasebo area.”

The festival opened its doors to U.S. servicemembers and their families for the first time, marking a milestone for Commander Fleet Activities Sasebo (CFAS) personnel.

CFAS sailors took advantage of this milestone, and came to the festival in droves to share the fun and excitement.

The festival began with a Bon Dance, a spiritual Japanese dance in which participants form a giant circle. To the delight of festival-goers, the dance was performed several times throughout the evening.

Another dance on hand included the Jaodori, Japanese for the dragon dance, which enthralled and amused the audience by suddenly breathing smoke, then amused the crowd when an American style football helmet was placed on it’s head.

The dragon then chased after an entertainer holding a football. “The dragon dance was entertaining,” said Lt. j.g. Lisa Smith, attached to the USS Essex.

The festival provided a good mix of entertainment for the audience, and they appreciated the variety of activities and performances offered to them.

Along with dancing, the JMSDF band as well as a Navy band representing CFAS performed patriotic renditions of their own, as well as each others’ national anthems.

“I really enjoyed the JMSDF and Navy bands,” said Lafayette Georgetta, a military spouse. “Both bands played the Japanese and American national anthems. I really liked that,” she added.

Other guests enjoyed the friendly atmosphere the festival promoted. “I’m very happy to be here as a Morale Welfare and Recreation (MWR) representative”, said Masuni Yoshida, from MWR administration, who worked at a refreshment tent. “I’m having fun and it’s great to have the chance to meet new people,” she added.

“The Bon Odori festival is truly a great time for all who attend,” said Ryuzo. “Dancing, paying respect to our ancestors and enjoying time with friends and family make this festival very special,” said Ryuzo.



A festival goer shows children how to play one of the games offered at a tent at the annual Bon Odori Festival. (Official U.S. Navy photo by JOSA Jeff Johnstone)

Sasebo Weather

<u>Saturday</u>	<u>Sunday</u>	<u>Monday</u>
Isolated T-Storms	Partly Cloudy	Partly Cloudy
High: 89° F	High: 90° F	High: 89° F
Low: 76° F	Low: 76° F	Low: 76° F

Days since last DUI/DWI
(as of July 29)

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Camp Omura servicemembers tour base galley

JOSA Jeff Johnstone
CFAS Public Affairs

Personnel from the Japanese Ground Self Defense Force (JGSDF) at Camp Omura visited the Shogun Cafe Monday, July 26 to tour the galley and learn how to properly prepare and serve meals to U.S. military

in order to help them prepare for their arriving visitors," said Chief Petty Officer (SW/SCW) Angel Canlas, food service officer at the Shogun Cafe.

"There are many differences between the ways food is served here on base than at Camp Omura," said Canlas. "One thing is,

answered any questions they may have about the menu, and discussed our ways of serving," said Kazuhiro Hamamoto, Shogun Cafe galley manager. "We are working under regulations set for us by the U.S. That's the major difference between our operations and theirs; two different regulations, Hamamoto said.

"We also follow nutrition guidelines that may not quite be identical in comparison to theirs," said Canlas. "Then of course, we offer salad and fruit bars servicemembers on our base have come to be familiar with. They are for people who may want to grab something quick, eat lighter or who may be on a diet," said Canlas. "We feel it's important that they are aware of that as well," added Canlas.

"Our menu is approved by a Navy dietician, added Canlas. Routinely we serve a choice of two entrees, primarily consisting of more than one type of meat. "It could be chicken, veal, pork for example. That's another thing that will help them to know when they accommodate their guests," said Canlas.

"We are very happy to be able to assist the JGSDF in any way we can, and we hope we were a

help to them when it comes time for their visitors to arrive, said Hamamoto.

After the tour and all the questions were answered, The JGSDF personnel settled in to enjoy lunch at the cafe. Camp Omura will host the American Seabee battalion August 22-31.



The Shogun Cafe galley manager shows a visitor the ins and outs of the galley's kitchen. JGSDF personnel from Camp Omura toured the Shogun Cafe Monday, July 26. (Official U.S. Navy Photo by JOSA Jeff Johnstone)

personnel.

Camp Omura is preparing for the arrival of a Seabee battalion from Missouri who will participate in a joint exercise with Camp Omura's 4th Facilities Battalion.

"We are here to offer guidance and support to the Japanese military cooks and personnel

we may eat larger portions than they are accustomed to. We have particular guidelines which we follow to feed our personnel that may differ from theirs, and they want to know about that when they host American personnel next month."

"We gave them a tour of the kitchen,

Malaysia phase of CARAT closes with at-sea ceremony

JOC Melinda Larson

Cooperation Afloat Readiness & Training Task Group Public Affairs

The Malaysian phase of exercise Cooperation Afloat Readiness and Training (CARAT) ended July 22 aboard the Royal Malaysian Navy (RMN) support ship KD Mahawangsa (AOR 1504), anchored off the tiny island of Tioman in the South China Sea. "For the last 10 days or so, our armed forces have worked together in the conduct of combined exercises in our effort to further improve combined capabilities and interoperability," said Gen. Muhamad Effendi Bin Mustaffa, commander of the Royal Malaysian Armed Forces 10th Paratrooper Brigade, who delivered the closing ceremony address.

During CARAT Malaysia, more than 1,500 personnel from the U.S. Navy, U.S. Coast Guard and Royal Malaysia Armed Forces, along with 10 ships and a variety of aircraft, conducted at-sea exercises, air-to-air combat training and amphibious assaults.

One-hundred and fifty members of the Royal Malay Regiment (RMR) were transported by U.S. Navy landing craft, air-cushioned (LCAC) to the beach at Mersing for a mock amphibious assault. Prior to the assault, the RMR troops spent three days



The USS Fort McHenry (LSD 43) a member of the U.S. 7th Fleet's forward deployed naval force(FDNF) is also a member of the five ship Cooperation Afloat Readiness and Training(CARAT) Task Group (Released by CFAS Public Affairs)

aboard USS Fort McHenry (LSD 43) in preparation for the exercise. Two LCACs from Assault Craft Unit 5, Det. Western Pacific and a Beachmaster Unit 1, Det. Western Pacific craft control team are assigned to the ship. The personal and professional interaction helped both forces learn how the other operates.

"I strongly believe that we have a better understanding and improved our capability in combined and joint operations through various activities," Mustaffa said.

In the air, U.S. Navy F/A-18C Hornet and F/A-18F Super Hornet pilots went up against

see CARAT... page 4

Summer Safety: Extreme Heat and water safety techniques

Charles Carr
CFAS Safety Department

The Safety Office cautions everyone on the many dangers that personnel face this particular time of year: heat, excessive alcohol consumption, drinking and driving and sports injuries to name a few.

Safety offers these tips on "How to stay cool" and warning signs for recognizing, evaluating and controlling heat stress: **Drink cool water.** Anyone working in a hot environment should drink cool water in small amounts frequently — one cup every 20 minutes. Supervisors should make water available. Avoid alcohol, coffee, tea and caffeinated soft drinks, which cause dehydration.

Dress appropriately. Wear lightweight, light-colored, loose-fitting clothing and change clothing if it gets completely saturated. Use sunscreen and wear a hat when working outdoors. Avoid getting sunburn.

Work in ventilated areas. All workplaces should have good general ventilation as well as spot cooling in work areas of high heat production. Good airflow increases evaporation of sweat, which cools the skin.

Work less, rest more. Supervisors should assign a lighter workload and longer rest periods during days of intense heat. Short, frequent work-rest cycles are best. Alternate work and rest periods with longer rest periods in a cooler area, and schedule heavy work for cooler parts of the day. **Ask how workers are feeling.** Supervisors should monitor workplace temperature and humidity and check workers'

responses to heat at least hourly.

Allow a large margin of safety for workers. Be alert to early signs of heat-related illness and allow workers to stop their work for a rest break if they become extremely uncomfortable. **Know the signs and take prompt action.** Employees and employers should learn to spot the signs of heat stroke, which can be fatal.

Get emergency medical attention immediately if someone has one or more of the following symptoms: mental confusion or loss of consciousness flushed face, hot, dry skin or has stopped sweating.

Reduce work for anyone at risk. Supervisors should use common sense when determining fitness for work in hot environments. Lack of acclimatization, age, obesity, poor conditioning, pregnancy, inadequate rest, previous heat injuries, certain medical conditions and medications are some factors that increase susceptibility to heat stress.

Check with your doctor. Certain medical conditions such as heart conditions and diabetes, and some medications can increase the risk of injury from heat exposure.

Employees with medical conditions or those who take medications should ask their doctors before working in hot environments

SWIMMING AND WATER SAFETY TECHNIQUES

Learning swimming safety skills can help you enjoy a wide variety of water activities that can be enjoyed by all ages while avoiding injury.

Most drownings happen when people forget to follow

basic safety rules while they are in and around water.

Learning swimming safety skills can help you enjoy a wide variety of water activities that can be enjoyed by all ages while avoiding injury.

WATER SAFETY RULES

The best water safety skill is to learn to be a strong swimmer and be aware of potential hazards or danger. Even though you may be a good swimmer you should still consider wearing a life jacket when you are in the water or on a boat.

Never swim alone or adapt what the Boy Scouts call the "buddy system".

Swim in a safe area where you are familiar with the depth of the water and know there are no hidden objects under the water.

Although it is a myth that you should not swim after eating, you should treat swimming as any exercise and stretch out your muscles thoroughly to avoid sore and cramped muscles.

You should also not swim when you are overly tired or recovering from an illness.

Judging distances in the water can be very misleading, and even strong swimmers should be careful not to swim further away from shore than is necessary.

Dental clinic introduces new Tech of the Year award



A dental technician is presented the Dental Tech Excellence award by the Dental Clinics' Officer in Charge and a local Japanese dentist.

Branch Dental Clinic, Sasebo began a new annual award this week honoring its Dental Technician of the year. Dental Technician third class Lea Devera won the very first "Dr. Bussaka and Saiku Cup." The award is unique to other awards given at the dental clinic, because it focuses primarily on the job performance of its recipient.

"Other awards, namely the SOQ and SOY awards, had a broader criteria selection, said Lt. Commander Brad Smith," Officer in Charge (OIC) of the Branch Dental Clinic, Sasebo. "Volunteer work, academic studies, and other criteria regarding possible

recipients were considered as well as their primary work performance before the awards are issued," he said.

"This new award focuses on the recipient's job at the workplace, with no other factors involved," said Smith.

The award could promote some friendly competition at the office as well as possibly enhancing performance.

According to Smith, the award was made possible due to the generous contributions of former clinic OIC Capt. Saiku and long-time local Japanese dentist Dr. Brussaka.

INFORMATION & REFERRAL



Whether you're new or have been in Sasebo for a while, I&R stands to answer your questions and refer you to community services.



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- Places of Interest
- Japanese Culture
- Maps
- and lots more



Navy MWR, AT&T create passport CD-ROMs for Sailors

Robin Hillyer Miles

Navy MWR Communications Group

Navy Morale, Welfare and Recreation (MWR) is partnering with AT&T through a commercial sponsorship agreement to create four informational "passport" CD-ROM's for Sailors over the next year.

Three of the easy-to-navigate CDs are directed toward Sailors on deployment, and those making port visits to the Middle East, Asia and Europe. The final CD will include an overview of Navy MWR programs worldwide.

"The general idea is to give Sailors a concise, simple product that encourages them to seek out Navy MWR services, and to create a basic knowledge of the various cultures and areas they are visiting," said Ruel Odom, head,

Navy MWR Communications Group.

The Middle East CD has been completed and is being distributed this summer. It features MWR facility and program highlights, including athletics, fitness, entertainment, recreation, tours, food and beverage facilities, plus phone numbers and Web links to local MWR offices. Beyond MWR, the CD gives cultural overviews, shopping hints, climate and language information, transportation tips, food and drink traditions, and even a link to currency c o n v e r s i o n t a b l e s .

On each CD, AT&T provides information and step-by-step procedures on how to make the most economical and efficient long distance telephone calls to friends and families, as well as links to their military-support homepage.

"AT&T was impressed with the first CD and agreed to

strengthen its relationship with MWR by sponsoring three additional passport CDs," said Bill Winters, Navywide Commercial Sponsorship coordinator.

"The passport CDs are an innovative way to provide Sailors information that is important to them during their tour of duty," said Rosemary O'Brien, general manager, AT&T Military Markets. "At AT&T, we believe that there's no more important information for those who are deployed than how to keep in touch with their family and friends at home. We're delighted to participate."

The production of 10,000 Middle East and Asian CDs, 15,000 European CDs and approximately 20,000 Navywide CDs will be distributed via Navy leadership, career counselors, Fleet Recreation Afloat coordinators and at selected special events.

Summer Safety: Boating Tips

Charles Carr

CFAS Safety Department

Boating safety tips: find out the tips you need to know so your boating trips will be fun as well as safe! As long as everyone follows safe boating tips, boating can be a fun way for the whole family to spend some free time together on the waters.

Tip 1 Make sure your boat is in safe condition to take out on the water. This means the boat should be soundly built and be free from fire and safety hazards. The boat should also have all of the safety equipment that is required by law on board, and this equipment should be in good working order.

Tip 2 Each boat is rated to hold only a certain number of passengers and a certain amount of cargo weight. Avoid

over-crowding or overloading your boat for maximum watercraft safety.

Tip 3 Every passenger in the boat, regardless of whether or not they can swim should wear a life jacket at all times while boating. The life jacket should fit properly and have all straps, etc., secured for safety. Make sure the life jacket is the appropriate size for the person who is wearing it.

Tip 4 The person in charge of the boat should know all of the navigational rules for the specific waterway you are boating in. He or she should also maintain a safe boating speed at all times as well as keep a clear view of all directions around the boat.

The person in charge should be alert of a storm.

Grief Support Group

**A new support group will be starting up
August 26 and will be open to all ages**

From 7 p.m. until 8:30 p.m.

**Classroom D & E at the Main Base
Community and Education Center**

**The support group is sponsored by CFAS
Religious Ministries Department. For more
information contact Megan Miller at 252-2537.**

CARAT...from page 2

their Royal Malaysian Air Forces counterparts flying MiG-29s and Hawks. The pilots received briefs on the performance and capabilities of each other's aircraft. While airborne, the pilots were able to see for themselves what to expect from dissimilar aircraft.

At sea, tactical freeplays, a highline transfer, and cross-decking personnel helped the two forces develop joint cohesiveness. Crew members from the U.S. Coast Guard cutter Mellon (WHEC 717) shared their maritime law enforcement expertise. "Training that demonstrates our navies' commitment to not only sharing information and situational awareness, but also the common goal of securing international seas and channels of commerce," said Capt. Buzz Little, commander of Destroyer Squadron 1 and the CARAT Task Group, of the events.

A seven-day salvage diving operation with USS Salvor (ARS 52) introduced RMN dive forces to U.S. underwater cutting and welding operations, recompression chamber procedures and MK 21 diving equipment.

Lectures, symposiums and command post exercises were also part of the 10-day exercise. A hallmark of CARAT Malaysia has also been what crews from U.S. and Malaysian armed forces do together on behalf of local communities. U.S. Navy medical personnel traveled to the remote village of Sungai Mas to provide medical and dental care to local residents. U.S. Army

veterinarians provided care to livestock at Kg Awah, Maran, RISDA and Maran Community farms. Repairs were made at the Jalan Tengku Handicapped Children's Center; Project Handclasp goods were delivered to Orang Asli Sungai Jin Aboriginal Village; and gardening helped brighten the landscape at Rumah Kanak-Kanak Tengku Ampuan Fatimah Orphanage.

The outlook for future CARAT exercises with Malaysia looks bright, Little added. "The friendships made today have laid the groundwork for, and will certainly benefit, future generations of Sailors, officers and leaders," Little said. Following the closing ceremony, the ship's officers and crew hosted 100 of their U.S. Navy CARAT counterparts to a typical Malaysian meal consisting of curry dishes, squid and lamb.

The U.S. CARAT Task Group is under the leadership of Little. His embarked staff is based aboard Fort McHenry with additional members aboard USS McCampbell (DDG 85). Little and his staff are based in San Diego, as is McCampbell. Mellon is homeported in Seattle. USS Russell (DDG 59) and Salvor are homeported in Pearl Harbor, Hawaii. Fort McHenry is part of the U.S. 7th Fleet's forward deployed naval force operating from Sasebo, Japan.

CARAT Malaysia is the fourth of the five-phase annual exercise. CARAT Singapore was conducted May 31-June 11 while CARAT Brunei took place June 21-26. CARAT Thailand ended July 9. The CARAT Task Group will conclude the series in the Philippines.



Future chefs...

A Sasebo MWR Youth Summer Camp program member receives a generous helping of pasta salad from a fellow Summer Camp member at the Harbor View Club last week. The future chefs participated in a Young Chefs Creative Camp program designed to introduce young boys and girls to the culinary industry. They, along with 25 other Sasebo youngsters, attended a unique five-day hands-on cooking course where they learned how to make and serve up various kinds of food. Harbor View Executive Chef, following the training the youngsters served their culinary delights to a room full of parents and friends at a special luncheon, much to the delight of everyone who attended. Summer Camp counselors coordinated the highly successful Young Chefs Creative Camp.

The Sasebo MWR Summer Camp program is spearheaded by the Youth Activities Director. (Photo by Frank A. DeSilva)

Safeguard, Amakusa join forces during TOWEX training session

QM2 Britney Minegar
USS Safeguard (ARS 50) Public Affairs

Sailors from the USS Safegurad (ARS-50) and the Japanese Maritime Self-Defense Force (JMSDF) ship JDS Amakusa (AMS 4303), joined together July 23 for a training session in support of a planned combined Towing Exercise (TOWEX) between the two navies.

According to Safeguard commanding officer, Lt. Cmdr. Ed Thompson, the planned towing exercise training is important to both navies.

“This training helps build interoperability between our two forces,” said Thompson. “Many times both of our naval forces are busy with operational commitments. These training sessions allow us to use more forces than usual to conduct exercises.”

As the name implies, a TOWEX involves one ship towing another.



USS Safeguard (ARS 50) recently joined together with JMSDF ship JDS Amasuka (AMS 4303) for a training session in

“The training is beneficial to both the U.S. Navy and the JMSDF,” said Lt. Cmdr. Manabu Itazaki, JDS Amakusa commanding officer. “The relationship between the JMSDF and the U.S. Navy needs to be and is very productive and effective.

However, it can always be strengthened.”

Itzaki also feels his 40-man crew aboard Amakusa is prepared for the challenges of accepting a towing line from a U.S. Navy vessel.

“I was very impressed with the briefing,” said Itazaki. “It is always a great opportunity to work and train with people doing similar jobs in different ways.”

The TOWEX between Safeguard and Amakusa has not been scheduled yet, but should be conducted in the near future.

Safeguard is a rescue and salvage ship forward deployed to Sasebo as part of the Essex Amphibious Ready Group.

Profile: SK2



SK2, Customer Service Representative for Supply Hometown/Nationality... Tulare, California

How long have you been in Japan?

Three years

What is your favorite thing about Sasebo?

Walking in the Ginza and sightseeing.

Are you married or single?

Single.

Do you have any children?

No.

What hobbies do you have?

Reading and shopping.

Who do you consider to be your role models?

My mother.

What are your personal goals?

Getting out of the Navy and getting a degree in Bussiness Management.

What motivates you?

Family and friends.

What is the one thing you can't stand?

People nagging me and asking annoying questions.

What do people not know about you?

I'm not from the Philippines, I'm from Laos.

What is your most embarrassing moment?

Last week when I slipped off the brow. Now I understand why you have to wear closed back shoes.

If you could have dinner with three people, living or dead, who would they be?

Paul Walker, my grandparents [because I never meet them], and writer Jerome Dicky.

Chief Petty Officers Selectees

USS Essex Selectees

EMC (SW) (select) Avery Terrell Jones
PCC (SW/AW) (select) Michael Anthony Beando
QMC (SW/AW) (select) Clodold Louis Beriau II
LTC (SW/AW) (select) Leroy Gurlie Byronevans
MMC (SW/AW) (select) Price Martin Chenault III
MMC(SW/AW) (select) Aricardo Patacsil Encomiend
BMC (SW/AW) (select) Victor Reyes Gonzales
SHC (SW/AW) (select) Mikel Lee Hall
MRC (SW/AW) (select) Allan Ananamos Atrero
OSC (SW/AW) (select) Clifford Eugene Hanna
SKC (SW/AW) (select) Erle Chad Hunter
PHC (SW/AW) (select) Essex David Moore
MAC (SW/AW) (select) Antonio Manalang Quijano
EMC (SW/AW) (select) Ramil Orozco Relucio
ITC (SW/AW) (select) David Earl Patrick Ross
ABHC (SW/AW) (select) Danny Scott Thomas
AEC (AW/NAC) (select) Sereno Paul Trimarche II
ATC (AW) (select) Scott Raymond Skrzypczak
OSC (SW/AW) (select) Larry Barlow

PHIBRON Selectees

QMC (SW/AW) (select) Raymond Bruce Alderin
ITC (SW/AW) (select) Rolando Macapagal

USS Juneau Selectees

NCC(SW/AW) (select) Leo D. Metoyer
DCC(SW/AW) (select) John J. Burke
ENC(SW) (select) Timothy J. Murphy
SKC(SW) (select) Reynaldo A. Villano
CSC(SW) (select) Florian P. Florece

USS Fort McHenry Selectees

ENC(SW) (select) Darrell Cox
ENC(SW) (select) Daniel England

USS Guardian Selectees

ENC(SW) SEL Vaughn
EMC(SW) SEL Lontoc

USS Harpers Ferry Selectee

EMC (SW) (select) Cornegia Noel

USS Patriot Selectees

ENC (select) Joseph Freidburger

ACU - 5 Selectees

QMC (SW/FMF) (select)Charles A. McNall.

USS Safeguard

EMC (SW) (select) Amelito Cruz
QMC (SW/AW) (select) James Clayton

A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

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Monday - Friday

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their lives can do together. National KidsDay, it's about time!



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and
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on Sunday.



For more information, call 252-3500.

Movie Schedule
July 30-August 6

**FEATURED
PREMIERE**

VIN DIESEL



Rated: PG-13
Chronicles of Riddick
Starring: Vin Diesel, Ja Rule
Keith David, Thandie Newton
and Karl Urban
Genre: Action/Adventure and
Sci-Fi/Fantasy

Further adventures of Riddick
continue five years later, as the
escaped convict with the ability to
see in the dark finds himself caught
in the middle of a galactic war.
Lord Marshal, the leader of a sect
called the Necromongers,
is waging the "10th Crusade"
in the 26th century. Helping Riddick
is Aereon, the Ambassador of the
"Elemental" race, who helps Riddick
unearth the secrets of his origin and
Kyra, a childhood friend. Attempting
to free himself and Kyra from a
subterranean prison, Riddick ends up
onboard the Necromonger flagship,
where he gets his chance to face off
against Lord Marshal in a battle over
the future of all beings in the galaxy,
both living... and dead.

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie Schedule
subject to
change without
notice.

FRIDAY, JULY 30	SATURDAY, JULY 31	SUNDAY, AUGUST 1	MONDAY, AUGUST 2	TUESDAY, AUGUST 3	WEDNESDAY, AUGUST 4	THURSDAY, AUGUST 5	FRIDAY, AUGUST 6
5 p.m. (PG) *Garfield	2 p.m. (PG) Garfield	2 p.m. (PG-13) I, Robot	6 p.m. (PG-13) Stepford Wives	6 p.m. (PG) New York Minute	2 p.m. (PG) Garfield	6 p.m. (PG-13) Raising Helen	5 p.m. (PG) Shrek 2
7 p.m. (PG-13) *I, Robot	4:30 p.m. (PG-13) I, Robot	5:30 p.m. (PG-13) Chronicles of Riddick	8 p.m. (R) Troy	8 p.m. (PG-13) Day After Tomorrow	5:30 p.m. (PG-13) Spiderman 2	8 p.m. (PG-13) Anchorman	7:30 p.m. (PG-13) *Cat Woman
9 p.m. (PG-13) *Chronicles of Riddick	7:30 p.m. (PG-13) Chronicles of Riddick	8:30 p.m. (R) Soul Plane			8:30 p.m. (PG-13) Chronicles of Riddick		9:30 p.m. (PG-13) *Bourne Supremacy
Midnight (PG-13) Godsend	10 p.m. (PG-13) *Stepford Wives						Midnight (R) Soul Plane
	Midnight (PG-13) Breakin' All the Rules						

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JULY 30	SATURDAY, JULY 31	SUNDAY, AUGUST 1	MONDAY, AUGUST 2	TUESDAY, AUGUST 3	WEDNESDAY, AUGUST 4	THURSDAY, AUGUST 5	FRIDAY, AUGUST 6
6:30 p.m. (PG-13) Raising Helen	2 p.m. (PG) Shrek 2	2 p.m. (PG) Harry Potter and the Prisoner of Azkaban				6:30 p.m. (PG) New York Minute	6:30 p.m. (PG) Garfield
9 p.m. (PG-13) Anchorman	4:30 p.m. (PG-13) Anchorman	6:30 p.m. (PG-13) Raising Helen	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED		9 p.m. (PG-13) Chronicles of Riddick
	8:30 p.m. (PG) *Special KidsDay Showing					No scooters, skates, skateboards, strollers or backpacks allowed in theaters.	
						No outside food or beverages.	

ANCHORMAN (PG-13)

Starring: Will Ferrell, Christina Applegate, Steve Carell, Kevin Corrigan and Chuck D
Story of local TV anchorman Ron Burgundy, God's gift to the ladies and the area's
most respected reader of the teleprompter of the news fit to be known. Ron finds his position
challenged by an ambitious female newscaster who, unlike Ron, actually knows something
about journalism.

BOURNE SUPREMACY (PG-13)

Starring: Matt Damon, Franka Potente, Brian Cox, Joan Allen and Julia Stiles
Jason Bourne continues to find himself plagued by splintered nightmares from his former life.
The stakes are now even higher for the agent as he coolly maneuvers through the
dangerous waters of international espionage - replete with CIA plots, turncoat agents and
ever-shifting covert alliances-all the while hoping to find the truth behind his haunted
memories and answers to his own fragmented past.

STEPFORD WIVES (PG-13)

Starring: Nicole Kidman, Mathew Broderick, Christopher Walken, Faith Hill and Bette Midler
Stepford has a secret! All of the wives are way too perfect and all of the husbands are way too
happy. A young couple moves from Manhattan to an upper class suburb of Connecticut. Once
there, they soon discover that the Stepford men are replacing their wives with compliant robots.

CAT WOMAN (PG-13)

Starring: Halle Berry, Benjamin Bratt, Sharon Stone, Lambert Wilson and Frances Conroy
Patience Philips is a woman who can't seem to stop apologizing for her own existence. She
works as a graphic designer for Hedare Beauty, a mammoth cosmetics company on the verge
of releasing a revolutionary anti-aging product. When Patience inadvertently happens upon a
dark secret her employer is hiding, she finds herself in the middle of a corporate conspiracy. In
a mystical twist of fate, she is transformed into a woman with the strength, speed, agility and
ultra-keen senses of a cat. Patience becomes Catwoman, a sleek and stealthy creature
balancing on the thin line between good and bad. Her adventures are complicated by a
burgeoning relationship with Tom Lone, a cop who has fallen for Patience but cannot shake
his fascination with the mysterious Catwoman, who appears to be responsible for a string of
crime sprees plaguing the city.



Reggae Jams of the Drum

The six-member group “Drum,” featuring reggae music at its best, is scheduled to perform free at Galaxies Thursday, August 5. The three-hour gig begins at 8 p.m. Drinking and driving is a very bad idea, so play it safe, bring along a designated driver and return home safely. While you’re at Galaxies, try one or two of their new and delicious breakfast burritos. They come with your choice of bacon, egg and cheese, potato, egg and cheese, or sausage, egg and cheese. These popular new additions are only \$2.50 each and are available Friday & Saturday from 10 p.m. until 1 a.m. Call 252-2980 for more information.

Get Connected at the Harbor Café

Bring your laptop to the Harbor Café in the Harbor View and log on quickly and easily via the wireless Internet. The Harbor Café is

now ‘up to speed’ with the latest wi-fi equipment. A great place to spend an hour or two ‘connecting’ with family and friends on the Internet or just exploring the world-wide web while enjoying a delicious Chai Tea Fruit delight or other Wolfgang Puck’s famous specialty drinks. The Harbor Café, offering ‘much more than just coffee,’ is open Monday-Friday from 6 a.m. to 9 p.m. and Saturday, Sunday and holidays from 7 a.m. to 9 p.m. Call 252-3956 for more information.

Free Ride to the Beach

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the beach every Sunday through August 29, courtesy of MWR. The bus departs Main Base from the bus stop across from the Commissary at 11 a.m., noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be

accompanied by an adult. For more information call 252-3433.

Moji Retro Town & Shimonoseki Aquarium

There are very few complete blue whale skeletons on display in the world, and one of them is at the Shimonoseki Aquarium. Obtained from the Tromso Museum and University of Norway, the blue whale is the largest mammal on the planet. Travel & Tours has arranged a special trip to the aquarium on Sunday, August 1 so you can see this and many other exciting sea critters. The cost is \$23 for adults, \$14 for children 6 to 15 and \$8 for kids 5 and under. Call 252-3433 for more information.

Nagasaki City Day Tour

MWR Travel & Tours has scheduled a trip to Nagasaki on Sunday, August 1. The trip includes a visit to the peace museum and a ride to the top of Mt. Inasa via the Ropeway tram. Cost is \$20 for adults, \$14 for children 6-17 and \$8 for kids 5 & under. Call 252-3433.

Sasebo Water Tour

The boat sets sail from the Sailing & Outdoor Adventure Center at 4 p.m. on Friday, July 30 and again on August 6. Enjoy a two-hour cruise along the beautiful Sasebo coastline, including 99 Islands. All seats are \$12. Make your reservations early. Call 252-3500.

Waterskiing with Sailing & Outdoor

Adventure Center

A great way to enjoy fun in the sun for just \$15 per person. Two waterskiing trips are scheduled for Saturday, July 31, a morning session from 8 a.m. until noon and an afternoon session from 1 to 5 p.m. Let Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) take you and your friends out for a fun-filled four-hour session on the water. Call 252-3500.

Cats, Dogs & Bowling Pins?

The Spare Time Recreation Bowling Center has scheduled a ‘Cat & Dog’ Bowling Tournament on Friday, August 6, at 6:30 p.m. Men bowl four games of 9-pin no tap play while the ladies will enjoy four games of 8-pin no tap bowling. The highest total pinfall determines the winner. The total number of participants will determine the prize money. You must be 18 years or older to participate. Call 252-3634 for more information.

Mitsui Greenland Excursion

Experience all the thrills and excitement Mitsui Greenland has to offer on Saturday, July 31. The bus departs at 8 a.m. and returns at 7 p.m. Cost is \$30 per person, including transportation and entrance fees. Call Liberty Center at 252-3756 for more information.

Living in Japan: Who pumps your gas?

How many of you have experienced the feeling of pulling into a Japanese gas station? Men and women come running up to your car, bowing and shouting, hustling to direct you to a pump, spreading out to clean your windows, check your fluids, block the street for your return to traffic, and otherwise provide you with a level of customer service we hold to be reserved for movie stars, sports idols, or other heavy duty VIPs.

I am old enough to remember when, “The man who wore the Star” (Texaco), Esso, and Shell stations reacted much the same way

when a customer’s car rolled over that rubber hose that rang the bell. As a teen I pumped gas at an old Italian gentleman’s gas station. His sign read, “If we don’t check your oil and clean your windshield, your gas is FREE!” While he was a very nice man, you knew you didn’t want to incur his wrath by forcing him to give away a \$4.00 tank of gas because you had forgotten to wipe somebody’s front glass.

The Japanese have actually taken this whole concept of customer service to another level. Descending on a customer’s car like ants on a sugar cube, there are times we find ourselves sheepishly getting expensive gas, or having our car washed, when all we really



SUPERVISORY PROGRAMS MANAGER
FLEET & FAMILY SUPPORT CENTER

pulled into the station for was to ask directions or use the restroom.

As the economy to be found in self-service gas pumps sounded the death knell for American pump attendants, creating gas islands and barricaded cashier’s booths in place of full-service stations, the Japanese have stood firm. Their

logic keyed to the dangers of amateurs off of the street being allowed to self-pump this highly volatile fluid, when the number one fear in Japan is fire.

But, the bottom line always has been their

personal need to cater and be catered to as a people. Now this bastion of quality service is slowly being breached. With the slowdown in the Japanese economy, the cost factors in maintaining large staffs at gas stations has caused them to rethink their reticence to accept self-service. In the Tokyo area there are experimental stations where customers may fill their own tanks, at a considerable cost savings over visiting a regular gas station. Business started out slow, as Japanese initially blanched at the thought of getting out of their car and actually manipulating the pump themselves, but the reality of money saved has seen the use of these stations grow considerably. I’m sure it is only a matter of time before self-service becomes the way things are done.

New Hours
USO Nimitz Park:
Monday through Thursday 10 a.m. - 6 p.m.
Friday and Saturday 10 a.m. - 9 p.m.
Sunday 10 a.m. - 6 p.m.
USO will be closed on August 1.
Fleet Landing:
Monday through Friday 9 a.m. - 4:30 p.m.
Closed Saturday and Sunday unless there is a volunteer.
USO is looking for someone that is interested in providing great customer service. Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nimitz Park for an application.
Eastwood furniture bazaar will be at Dragon Crest: August 6 3 p.m. until 5 p.m.
August 7 3 p.m. until 5 p.m.
August 8 3 p.m. until 5 p.m.
Volunteer appreciation reception at Liberty Room at the Harbor View Club 4:30 p.m.

Betcha didn’t know about the forgotten Railways

Phil Eakins
Base Historian

You may recall in a previous story that Sasebo Station opened in January 1898 to accommodate the influx of people and supplies arriving at the bustling naval port. What you may not be aware of, though, is another railway that once operated in the Sasebo area many years ago.

The need for a railway to access the towns and villages in the area north of Sasebo was discussed shortly after the end of World War I.

In 1918, Mr. Manjiro Nakakura established a narrow-gauge railway company to satisfy this need. The

main station of this new railway, a Western-style two-story building called Kami Sasebo Station, was located in Tawara cho near present day Sakura Seibo kindergarten.

Train service to Yunoki and Ainoura began in 1920. A few years later the company expanded its service to Usunoura, Saza and Seichibaru.

Only small-sized trains and cars could ride the narrow-gauge tracks. Freight cars were limited to a 4- or 5-ton capacity. Passenger cars could carry 30 people but the size of the cars didn’t allow room for a toilet.

Maximum speed for the train was just over 18 mph. To build up enough speed to clear a hill, the train would have to stop, back up and then make a running start, letting momentum take over.

To slow or stop the train, railroad men climbed on top of car roofs to actuate the brake system by hand, hopping from car to car to complete the task.

Cars would derail if a turn was taken too quickly, but because they were much lighter than their regular-sized counterparts, it took just a small group of about 10 men to put the cars back on the tracks.

The railway was nationalized in 1936. By 1945, it was replaced with the current rail line running today.

Most of the old railway routes have since been converted to cycling paths and roadways.

Worship Services

Community Chapel, Main Base

Roman Catholic
Sun. 9 a.m., Tue.-Fri. 11:30 a.m., Sat. 5:30 p.m.
Protestant
Sun. 11 a.m.
Protestant Sunday Schools
Sun. 9:30 a.m.
Catholic Catechetical Doctrine
Sun. 10:15 a.m.
Ladies Bible Study by Beth Moore
Wed. 9:30 a.m. & 6:30 p.m.- Music room
Christian Men’s Fellowship
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

Protestant (Traditional)
Sun. 9 a.m.
Roman Catholic
Sun. noon
Episcopal
Sun. 5 p.m.
http://culdee.org
Protestant Sunday School
Sun. 9:45 a.m.
Catholic Catechetical Doctrine
Sun. 11 a.m.
Ladies Midweek Bible Study
Wed., 9 a.m.
Youth Drama Group
Sun. 1:30 p.m.

Lay Congregations

Church of Christ (CEC)
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122
Jewish Community
Contact Religious Ministries at 252-3380 FMI
Nichiren Daishonin’s Buddhism (SGI-USA)
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165
New Life Christian Fellowship (CEC)
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332
Ladies Bible Study (CEC)
Tuesday 6:30 p.m.- Music Room
FMI call 252-8632
Family Bible Study (Hario)
Wednesdays 7 p.m. FMI call 252-8632

Off-base Congregations

Greater Harvest Holiness Church of God in Christ
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712
Church of Jesus Christ of Latter Day Saints
Missionary- 252-8279
Lighthouse Baptist Church
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.
International Christian Assembly
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.
Iglesia Ni Cristo
252-2363 During working hrs.
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

AFN-TV Schedule July 31-August 6

The following schedule is an abbreviated schedule. For a full schedule, please log on to www.myafn.net or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. July 31	8 a.m. ABC World News Tonight 11a.m.-The News Hour 4 p.m.- Nightline 6p.m.- Dateline NBC 8 p.m. - CNN Saturday Morning	9 a.m. - Burt Wolfe’s Local Flavors 2 p.m. - Before Sunrise 6 p.m. - While You Were Out 8 p.m. - Everwood	8 a.m. - Rocket Power 1:00 p.m.- WWE Raw 4:00 p.m. - Trading Spaces Boys vs. Girls	1 p.m. - Headline News 4 p.m. - Pokemon Raw 8 p.m - WWE Raw 11 p.m.- Law & Order	10 a.m.- ESPNEWS 4 p.m.-PGA Tour 7 p.m.- MLB 10 p.m Sportscenter
Sun. Aug. 1	9 a.m. - Washington Week in Review 11a.m.- CNN Saturday Night 4 p.m. - Headline News 10 p.m.- CBS News Sunday Morning	12 p.m. - Joan of Arcadia 4 p.m.-Kingsley’s Meadow 7:30 p.m. - King of Queens 10 p.m.- All in the Family	12 p.m.-Bear in the Big Blue House 8 p.m. - I am Sam 10:30 p.m. - Seinfeld 11 p.m.- That 70’s Show	8 a.m.- Saturday Night Live 1 p.m.- Celebration of Victory 4 p.m.- Brink! 8 p.m. - MLS All-Star Game	12 p.m.- Sportscenter 1 p.m. - WNBA 3 p.m.- Sportscenter 11 p.m. - The Sports Reporters
Mon. Aug. 2	7 a.m. - Tim Russert 9 a.m. - This Week 12 p.m. - CNN Presents 7 p.m. - Access Hollywood	10 a.m. - Average Joe 1 p.m. - Scientific American Frontiers 4 p.m. - The Wild Thornberrys 8 p.m. - Monster Garage	11 a.m.- Oprah 1 p.m. - Access Hollywood 5 p.m. - Jeopardy 7 p.m.- 60 Minutes 10 p.m. - Pacific Report	8 a.m. - Headline News 12 p.m. - Meet the Press 3:30 p.m. - Wheel of Fortune 8 p.m. - Today	8 a.m. - Baseball Tonight 2:30 p.m. - Sportscenter 4 p.m. - PGA Tour 10:30 p.m. - Tennis
Tues. Aug. 3	10 a.m. - Hannity and Colmes 12p.m.- BET Nightly News 2 p.m. - News Night with Aaron Brown	10 a.m. - Ed 1 p.m. - First Knight 7 p.m. - ER 11:30 p.m. - Ebert and Roper at the Movies	1 p.m. - Access Hollywood 2:13 p.m. - General Hospital 4 p.m. - Lizzie McGuire 8 p.m.- Cast Away	12 p.m. - Headline News 1: 30 p.m. - Headline News 4 p.m. - The Dr. Phil Show 8 p.m. - Today	8 a.m. - FIM World Superbike Series 1 p.m. - NHRA Auto Racing 4 p.m. -NASCAR Nextel Cup Series
Wed. Aug. 4	10 a.m. - Hannity and Colmes 12p.m.- BET Nightly News 2p.m.- Newsnight w/ Aaron Brown 7 p.m. - The O’Reilly Factor	10 a.m. - The Amazing Race 2 p.m. - Primal Fear 7 p.m. - Andromeda 10 p.m. - Primal Fear	9 a.m. - Blue’s Clues 1 p.m. - Access Hollywood 4 p.m. - Popular Mechanics for Kids	8 a.m. - Access Hollywood 12 p.m. - Headline News 4 p.m. - The Dr. phil Show 8 p.m. - Today	3 p.m. - SportsCenter 4 p.m. - MLB 7 p.m. - Sportscenter 11 p.m. - Totally NASCAR
Thurs. Aug. 5	9 a.m. - Countdown w/ Keith Olbermann 12:30 p.m. - Nightly Business Report 3 p.m. - Paula Zahn Now 6 p.m. - 60 Minutes	9 a.m. - The Simpsons 2 p.m. -Inspector Morse 6 p.m. - One Tree Hill 7 p.m. - The West Wing	9 a.m. - Play With Me Sesame 4p.m.-Yu-Gi-Oh! 7 p.m. - Everybody Loves Raymond 9 p.m. - E.R.	8 a.m. - MLB 1 p.m. - Headline News 4 p.m. - The Dr. Phil Show 7 p.m. - Headline News	8:30 a.m. - Tennis 2 p.m. - NFL Live 8 p.m. - MLB 11 p.m. - Totally NASCAR
Fri. Aug. 6	2 p.m. - Newsnight w/ Aaron Brown 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - Primetime 8 p.m. - Good Morning America	8 a.m. - The Wild Thornberrys 2 p.m. - Buffy the Vampire Slayer 6 p.m. - The Simpsons 7 p.m. - Boston Public	3 p.m.- House of Mouse 4 p.m.-The Fairly Odd Parents 8 p.m.- Crocodile Hunter 9 p.m. - Alias	12 p.m. - Headline News 3:30 p.m. - Rocko’s Modern Life 7 p.m. - Headline News 11 p.m. - The Fairly Odd Parents	8 a.m. - U.S.A. Basketball 2 p.m.- NFL Live 6 p.m. - Sportscenter 11 p.m. - NFL Live

Non-Profit Organizations

Al-Anon
090-8229-7048, 090-9602-4353
Alcoholics Anonymous
090-9602-4353, 090-8229-7048

CFAS Wardroom Association
252-3452
CPO Association
252-3521

Exceptional Sailor Program
CFAS E-4 and below, 252-3385

Filipino American Association
252-8361, 080-3228-5809

Guardian Angels
Spouse support group. 090-5945-2150

Navy League, Sasebo Council
252-3109

Nippon Lodge Number 9

252-3481
Officers’ Spouses’ Club
252-7345

Sasebo Bluejackets Association
E-1 to E-6 personnel. 252-3481
Sasebo Eagles Little League Club
<c30-dd@cfas.navy.mil>
Sasebo First Class Association
Shore Duty E-6's. 252-2181/3347

Sasebo Homeschool Support Group
252-8195, 0956-58-7875

Thrifty Treasures
252-8940

USS Essex Family Support Group
0956-32-2177
USA Girl Scouts Overseas
0956-49-5273
USO
252-3959

Community Numbers Branch Medical

Hours of Operation

Monday & Friday 8:30-11:30; 12:30 - 4 p.m.
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.
Wednesday 8:30-11:30
Appointment Line: 252-2550
Hario Annex Clinic: 252-8770
Online Medication Refill: <www.nhyoko.med.navy.mil>
TRICARE Health Line: 005-3111-4621
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS

On Base: 9-1-1
Off Base: 0956-23-9911
Patient Comment Line: 252-2536
Or send e-mail to: <SASOIC@nhyoko.med.navy.mil>

Branch Dental

Hours of Operation

Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.
Wed. (Hario closed) 7:15 - noon
Sick Call 7:15 - 9 a.m.
Main Base: 252-3886
252-3747
Hario: 252-8977
EMERGENCY NUMBERS
After Hours: 252-2550
252-2551
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392
Desk Sergeant 252-3446 or 3447
Security Operations Officer 252-2371
Security Administration 252-2386

Fire Department

Business lines
Information/Dispatcher 252-3408/3518
Dispatcher 252-2144
Fire Chief 252-2147
Prevention Chief 252-2139
Training Chief 252-2149
Fire Prevention Offices
Main Base & Hario 252-2142/2163
Ordnance Area 252-2162
FISC Areas 252-2166

EMERGENCY NUMBERS

On Base: 9-1-1
Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380
Fleet & Family Support Center 252-3604
CFAS Quarterdeck 252-3311
Navy Relief Society 252-3366
CFAS Public Affairs (Shore-based commands) 252-3409
CTF-76 Public Affairs (Sea-based commands) 252-2131
USO 252-3959
Navy Lodge 252-3608
AFN 252-3869
1575 Thunder Radio 252-1575
Command Connections 252-2290

AFN offers chance to voice your opinion with survey

JOCS (SW/AW) R.L. Dutcher
OIC AFN News Det-14

When was the last time your local stateside television or radio station gave you the chance to have a direct impact on programming? Now you can. By filling out the Armed Forces Radio and Television Service’s survey, you can voice your opinion on programming and services and influence future programming both at the local station and on the worldwide American Forces Network.

The survey takes just a few minutes. Your station will better understand what you want to hear and see, as well as be able to provide updated statistics on

Demographic Data (circle one)

Paygrade
E1-E3 E4 E5 E6 E7-E9 CWO1-CWO5 01-03 04-06 GS-M1-5 GS-GM6-10 GS-GM11-15 Other

Race
White Black Hispanic Asian/Pacific Islander Other

Gender
Male Female

Age
18-24 25-29 30-34 35-39 40+

Branch
USN USMC USAF USA DoD Civ Other

Educational Level
Some High School High School Graduate
Some College College Graduate Some Graduate work Graduate Degree

Radio Survey

1. **How many hours do you spend listening to AFN Radio per day?**

Less than one hour 1-2 hours
3-4 hours 5-6 hours Over 6 hours

2. **What time of day do you most often listen to AFN Radio?**

0600-0900 0900-1200 1200-1500 1500-1800 1800-2000
2000-2200 2200-2400 0000-0600

3. **Rate the folloqing music formats** (with 5 as your favorite and 1 as your least favorite).

Adult Contermporary
1 2 3 4 5

Alternative Rock
1 2 3 4 5

Top 40
1 2 3 4 5

Classic Rock
1 2 3 4 5

News/Talk/Information
1 2 3 4 5

Oldies
1 2 3 4 5

Religious
1 2 3 4 5

Spanish/Latino
1 2 3 4 5

Urban
1 2 3 4 5

4. **Rate the following AFRTS Radio services.**

NPR Morning Edition
1 2 3 4 5

Sports Overnight America
1 2 3 4 5

Jim Rome Sports Talk



1 2 3 4 5

Rush Limbaugh
1 2 3 4 5

Tom Joyner Show
1 2 3 4 5

NPR All Things Considered
1 2 3 4 5

51 Percent
1 2 3 4 5

Car Talk
1 2 3 4 5

Rick Dees American Top 40
1 2 3 4 5

Nuestra Musica
1 2 3 4 5

Latino USA
1 2 3 4 5

Religious Programming
1 2 3 4 5

The Health Show
1 2 3 4 5

It's Only a Game
1 2 3 4 5

American Country Countdown
1 2 3 4 5

NPR Jazz Profiles
1 2 3 4 5

Z Rock Top 50
1 2 3 4 5

Television Survey

How many hours do you spend watching AFRTS television per day?

Less than one hour 1-2 hours 3-4 hours
5-6 hours Over 6 hours

2. **What time of day do you most often watch AFRTS television?**

a. On a typical weekday:
AFN Atlantic/Pacific
0600-0900 0900-1200 1200-1500 1500-1800 1800-2000 2000-2200 2200-2400 0000-0600
I don’t watch AFN Atlanitc/Pacific on weekdays

News
0600-0900 0900-1200 1200-1500 1500-1800 1800-2000 2000-2200 2200-2400 0000-0600
I don’t watch AFN News on weekdays

Sports
0600-0900 0900-1200 1200-1500 1200-1800 1800-2000 2000-2200 2200-2400 0000-0600
I don’t watch AFN Sports on weekdays

Spectrum
0600-0900 0900-1200 1200-1500 1200-1800 1800-2000 2000-2200 2200-2400 0000-0600
I don’t watch AFN Spectrum on weekdays

b. During the weekend
AFN Atlantic/Pacific

demographics in Sasebo. This information helps us to understand our audience and tailor our programming to meet your needs.

The AFRTS headquarters, along with the media center headquarters for each of the military branches, continuously monitors trends in audience interests. Surveys done by individual affiliates provide valuable information used to make decisions on future broadcasting services.

Audience feedback has brought about major changes in AFRTS through the years, with the addition of new channels, more convenient air times, and wider coverage of special events in Sasebo. Please take the time to fill out the survey below. allow your voice to be heard.

0600-0900 0900-1200 1200-1500 1200-1800 1800-2000 2000-2200 2200-2400 0000-0600

I don’t watch AFN Atlanitc/Pacific on weekends

News
0600-0900 0900-1200 1200-1500 1500-1800 1800-2000 2000-2200 2200-2400 0000-0600

I don’t watch AFN News on weekends

Sports
0600-0900 0900-1200 1200-1500 1200-1800 1800-2000 2000-2200 2200-2400 0000-0600

I don’t watch AFN Sports on weekends

Spectrum
0600-0900 0900-1200 1200-1500 1200-1800 1800-2000 2000-2200 2200-2400 0000-0600

I don’t watch Spectrum on weekends

3. **Rate your interest in what you would like to see in Sasebo’s Nightly News.**

Base news
1 2 3 4 5

Recreational event promotions
1 2 3 4 5

Local Japanese News
1 2 3 4 5

Weather/Yen Rate
1 2 3 4 5

Sports
1 2 3 4 5

Theater times
1 2 3 4 5

4. **Where do you get most of your local news?**

Television Radio Other

Comments:

Please return the survey to AFN Detachment Sasebo by 31 July. Just drop it off at AFN or place it in Guard Mail, or mail it to AFN at PSC 476 Box 8, FPO AP 96322.

Thank you for taking the time and effort to fill out the form as fully and completely as possible. Your answers, and those of the entire Sasebo community, will be used to make programming decisions affecting the Armed Forces Radio and Television Service’s television channels and radio station serving the Sasebo area.

Base, community announcements

Summer Wrestling Camp

August 23 - 28 there will be a summer wrestling camp. The camp will be run by ten -year veteran coach Mark Schwab. This will be avialable to all ages, students or adults for under \$50. This is a great chance to try wrestling and see if it's a sport that you would like to try this season. For information or to sign up contact Coach Macri at 252-2801 or email <c400@srfsas.navy.mil>.

E.J. King

New comers to Sasebo that have not yet registered their child(ren) for the School Year 2004/2004 need to do so. The Student Affairs office is open during the summer, Monday through Friday from 8 a.m. until 3 p.m. (closed for lunch noon - 1 p.m.). Call 252-3059 for more information.

Navy College Learning Center

Navy College Learning Center is the place to go for help with your acedemic skills. The Learning Center is located in the Community and Education Center and is open Monday through Thursday 11 a.m. until 8 p.m. and Saturday 10 a.m. until 2 p.m. On site facilitators are always present to assist you in improving your math, English, reading, social studies or science skills. Comprehensive, computer based instruction designed to prepare you for CLEP tests, ACT, SAT, GED and ASVAB. We also have programs that are accompanied by audio that will help build your vocabulary and increase your English comprehension skills. For more information please call 252-3514.

Navy Marine Corps Relief Society

Navy Marine Corps Relief Society will be taking appointments for Spouse Tuitionn Assistance (STAP) from July 26 until August 11. STAP is a tuition aid program for spouses wishing to further their education. NMCRS covers 50% of tuition costs up to \$300. In order to obtain this aid make an appointment with NMCRS and fill out a budget. For the appointment bring a current LES, I.D. and class schedule. Office hours are Monday - Thursday 8 a.m. until 1 p.m. Call 252-3366 to make an appointment or for more information.

Base Communications Office

Base Communications Office (BCO) activated the new Direct Inward Dialing system June 15. This system effects dialing from off base, out of Japan, a cell phone or from a Japanese pay phone. To dial into the base dial the last four digits of the number. From off base use 50 - then last four digits of the number. From the U.S. dial 011-81-956-50- then last four

digits. Old numbers will continue to be in be use, but BCO encourages the community to use the new numbers. For more information about the new service please call 252-3200.

Voting

If you are already a registered voter and would like to vote in the Primaries for your state you will need to send out your absentee ballot two weeks in advance of the election day. If you have registered but have not yet recieved your absentee ballot see the Staff Judge Advocates Office for assistance. For those who would like to register but have not yet done so please see the SJA's office.

The Primaries for the month of August for overseas voters are as follows: Colorado election day August 10, Wyoming August 11, Alaska August 24 for State Primary and Presidential, Florida August 31.

The State Primaries for September are Arizona and Neveda September 7, Deleware September 11, Washington D.C., Massachusetts, Minnesota, New Hampshire, New York, Rhode Island, Vermont, Washington and Wisconsin September 14, Hawaii and Lousiana September 18. For more information contact the SJA's office at 252-3385.

TVP Issuance

Temporary Vehicle Passes (TVPs) can now be issued for newly purchased Personally Owned Vehicles at the Vehicle Inspection Area by Tategami Gate. The TVPs are valid for 24 hours or until the next working day. FMI, call VRO at 252-2378 / 2377 or the Pass Office at 252-2373 / 3692.

Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5539 for more information.

Water Aerobics

There will be free Water Aerobics at the Hario swimming pool Tuesdays and Thursdays from 9 a.m until 10 a.m. The class is instructed by Beth Dugan. For more information contact the Hario Gym at 252-8960/1.

Juneau Support Group

The USS Juneau Family Support Group meets the second Thursday of every month starting in June, at the coffee shop in Harbor View Club from 6 - 7 p.m. If you are a Juneau spouse, please join us to meet and greet one another. Kids are welcome. There will be no babysitting provided.

Harpers Ferry Spouse Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what's going on.

Fort McHenry Family Support Group

The Fort McHenry support group will be having summer fun events for their families. To kick this off there will be family bowling July 24, from 2 p.m. until 5 p.m. Bowling will be free for USS Fort McHenry families. For August we will be having a trip to Julie Platz and a pool party. For more information please call 252-8022. For these events to be successful, we need our families to participate. Please come and join us for these fun family summer activities.

Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

NEX Notes

Salute to the Chiefs
Congratulations Chief Petty Officer Selectees! NEX has items for Chiefs available. Cap, polo, jacket, throw, tee, coffee mug, pen, watch, statue and more at the main store August 4. At the Uniform Center, we will offer 20% off Vanguard® men's golf bag kit (regularly price 79.50) and female travel bag kit (regularly price \$59.50).

Get New Styles for Back to School
Visit the Beauty Shop, we will offer 25% off all perm and relaxers until August 15. New items are available: Ice Hair Spiker Styling Glue, Sebastian® Shapershift Hybrid Putty. Free travel size shampoo and conditioner w/ purchase and Paul Mitchell® shampoo One, conditioner & drying sculpting spray set includes free brush. Meet Kiyomi-san who is a new beautician at Hario Beauty Shop. Hario Shop is open Wednesday through Friday from 10 a.m. until 5 p.m. Barber is available Saturday and Sunday from 9 a.m. until 6 p.m., appointments are preferred to ensure timely service! Call 252-8853 for more information.

Introducing Electric LipCreme
New item from Estee Lauder - Electric Intense LipCreme is now available at the Main Store. Feel the power of color so potent,so creamy,

it seduces every curve of your lip. Choose from 30 colors.

Bridgestone® Tire Sale
Autoport is offering 10% off our everyday low prices all Bridgestone® tire August 4 through 15. Check tire wear to ensure safe conditions. Free tire assessment service is available at Autoport. Call 252-3607 for an appointment. We can also take care of your lubrication and Summer coolant needs faster than ever. Call 252-3607 for an appointment.

Heineken® Summer 2004 Promotion
Scratch & win card with every 12-Pack Heineken 12pk Keg Cans and 12pk 11.5oz Bottles purchased. You will receive a scratch and win card at the register, there is a one in four chance of winning. Prizes include baseball caps, keychains, sunglasses, etc.

Magical Gathering Giveaway
Sponsored by Kodak and C. Lloyd Johnson. Enter To Win a Magical Gathering vacation for two separate families includes (four) tickets to Disney World and \$5,000 spending money (to be used for transportation and other expenses). Contest will end August 16, then Sasebo NEX will randomly select (ten) entries and send to NEXCOM for worldwide drawing. If the winners are from Japan, they will receive tickets to Tokyo Disney Resort. A drawing box is placed at the Fleet Exchange Camera Counter.

Remember to get your frequency card
Seattle's Best Coffee is open 6:30 a.m unti 7 p.m. Sunsay through Saturday at the Bayside Foodcourt and offering a wide variety of specialty Mocha and Latte flavors. We serve these selections hot or iced. We will also be serving Cappuccino, Hot Chocolate, and of course our signature-Seattle's Best fresh brewed coffee! Did you get your frequency card? Buy seven and get the eighth one free!

Congratulations 29⁹⁹
Chief Petty Officer Selectees
Salmon CHIEFS
Sale prices good August 4-8

SCHOOL TIME
August 4-8
\$629
HP AND COMPUTER BUNDLE WITH 17" FLAT-SCREEN MONITOR AND 1000MM USB DRIVE. 200 GB HD. 512 MB RAM. 1000MM USB DRIVE. 200 GB HD. 512 MB RAM. 1000MM USB DRIVE. 200 GB HD. 512 MB RAM.

BACK TO SCHOOL SPECIALS
Sale prices good through Aug 1
KODAK P4-40 PRINTER CARTRIDGE AND PAPER. Includes ink cartridge and 25-ct. 4"x6" paper #123-1345

NEX YOUR NAVY EXCHANGE
We are your "Navy Family" store!
YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES

CLASSIFIEDS

VEHICLES

(Exp. Aug. 7) **1989 Toyota Master Ace**, JCI '05, asking \$1000 obo. Call 090 1971 0581.

(Exp. Aug. 7) **1992 Nissan Skyline**, JCI '06, asking \$2100. Call 252-8299.

(Exp. Aug 7) **1994 Nissan Serena**, JCI '05, asking \$3500. Call 090 7534 4231.

(Exp. Aug 7) **1990 Nissan 300ZX**, JCI '06, asking \$3500, available July 16. Call 252-3747 or 252-8491.

(Exp. Aug 7) **1992 Toyota van**, JCI '05, asking \$1700. Call Jeff at 252-2584 or 20 8064.

(Exp. Aug 7) **1996 Subaru Legacy**, JCI '06, asking \$1700. Call 252-2273.

(Exp. Aug 7) **1991 300ZX T-Top Fairlady**, asking \$5700 OBO. Call 252-8455 or 090 4586 4947.

(Exp. Aug 14) **1994 Nissan Prairie van**, JCI '05, asking \$2200. Call Beth 090 5725 5463 or 252-7300

(Exp. Aug 14) **1992 Honda Legend**, JCI '05, asking \$2500. Also selling **1988 Mazda Carol**, JCI '06, asking \$800. Call Arnel 252-8628 or <valdez@sba.attmil.ne.jp>.

(Exp. Aug. 14) **1992 Nissan Pulsar**, JCI '05 asking \$850. Call Eileen 252-8960 or 252-8119.

(Exp. Aug 14) **1991 Mazda Eunos**, JCI '04, asking \$4000 obo. Also selling **1997 Nissan March**, JCI '05, asking \$3000. Call Leah 090 7466 0181 or <ldaziens@aol.com>

(Exp. Aug 14) **1994 Ford Festivia**, JCI '04, asking \$1800 obo. Email Tim at <robtim@essex.navy.mil> or <brzeisha80@hotmail.com>.

(Exp. Aug. 14) **1996 Suzuki Cervo**, JCI '06, asking \$1800. Call Chaplain Pelikan 34 3074.

(Exp. Aug 21) **1994 Honda City**, JCI '06, asking \$1400 OBO Call Heriberto 252 8589.

(Exp. Aug 21) **1996 Toyota Corolla Station Wagon**, JCI '05, asking \$1500 Call 080 5204 4958

LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

MISCELLANEOUS

(Exp. Aug. 7) Two small kerosene heaters \$20/ea or \$30 for both. Three fan-style electric heaters \$20/ea or \$45 for all 3. Call 090 1971 0581.

(Exp. Aug. 7) Sofa bed \$150, Sony MD player \$150, Refrigerator Japanese model \$100, Rice Cooker \$75, Coffee maker \$25, Vegetable steamcooker \$10, Airbed \$25, Digital exercise slider \$5. Call 25 0582 or email <anthony_segar@hotmail.com>

(Exp. Aug. 7) Feeding chair \$50, Musical mobile and baby monitor combo \$25, Bouncer \$20, Snugli newborn soft carrier \$15, Diaper genie \$10, Infant tub \$10, Two baby walkers \$5/ea and Baby monitor \$5. Call 25-0582 or email <anthony_segar@hotmail.com>

(Exp. Aug. 7) 17" Sony color TV w/stand and VCR asking \$150. Call 252-2273.

(Exp. Aug. 7) Phone right for sale \$300. Call Alice at 252-7370.

(Exp. Aug. 7) Two parakeete birds free to good home. Call 090 3521 5962.

(Exp. Aug. 7) Maternity clothes size large five outfits \$50, Two baby gyms, walker, swing, car seat, baby backpack, jar food, baby bottles w/liners, clothing and shoes for infant boys (3 - 12 months) \$50. Girls clothes 2T - 4T \$15. Call 252-8555 or 080 3223 9162.

(Exp. Aug 7) Two Kerosene tanks w/battery pump \$25, Transformer for electronics \$100, Convection Oven \$30, Two clothes racks \$10, J-Phone prepaid w/charger no minutes \$35, Phone rights \$225. Call Katherine at 252-8536.

(Exp. Aug. 7) Altec Lansing speaker system \$55, Epson stylus printer \$50, New AK31 Socket A AMD Athlon Processor Shuttle motherboard \$65, 7 piece living room suite, Sofa, Love seat, Coffee table, End table, Sofa table, Lamp, Plant stand, call ahead to view. Call 252-8455 or 090 4586 4947.

(Exp. Aug. 7) Cho celing lights, shoe racks, spices and turning rack, knife set and pots and pans. Call 252-8202.

(Exp. Aug. 7) Wanted, small TV stand, Trampoline, Queen or King bed frame. Call 252-8202.

(Exp. Aug 14) One and a half year old male Shih Tzu mix, fixed. House broken and sleeps in his kennel at night. Call

Rick 252-8184 or 090 9589 9840 or 080 1907 0911.

(Exp. Aug 14) Phone rights \$275. Hot Carpet \$50. Canister vacuum, fan with timer \$40. Call Leah 090 7466 0181or <ldaziens@aol.com>

(Exp. Aug 14) Compaq Presario 1625, 24x CD ROM, Free scanner and software asking \$250 obo. Email Tim <robtim@essex.navy.mil>

(Exp. Aug 21) Sky Perfect Stellite Dish, reciever, new bracket, and connecton, all for \$100
Call 080 5204 4958

(Exp. Aug 21) Seiko Kinetic Divers watch asking \$350. Pearl Diamond ring asking \$110. Mens wedding band asking \$50. Ruby ring with diamonds asking \$700. Email Greg amomr72@aol.com

(Exp. Aug 21) Phone rights asking \$250
Call Anna 50 8351 or 080 5247 1775

(Exp. Aug 21) Black dresser w/ six drawers asking \$75. Balck television entertainment center asking \$75. Phone rights asking \$400. Call Melissa 252-7406

(Exp. Aug 21) Let me help you select the right plant for your gardening skill and/or location. Call 252-8455 or 090 458 64947.

(Exp. Aug 21) 7 piece living room suite. Includes sofa, love seat, glass top 2 drawer curio coffee table, ent table w/ 1 drawer, 1 suite lamp, and 1 3'2" s plant stand. all for \$900. Call 090-458-64947 to view ahead.

HOME BUSINESS

IMPORTANT INFORMATION!
Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 5201 7164 or ext.7302. Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged.
<maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080 5050 6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300 or 090 5725 5463.

Exeriened in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French Language tutor contact Pierre at 090 3734 3509 or email <cramoisii@hotmail.com>

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of

Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090 5024 7139 or 34 5321

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m. at soundings@cfas.navy.mil**
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

Sasebo Soundings Editor

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call, 252-8147. Check us out on the web at<www.mdphotography.net>

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Insructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

These are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

HELP WANTED

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements:
Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04

Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06 School Support Clerk/Assistant, GS-0303-4/5/6/7

J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. Applicants **must** have a high school diploma. 15 college credit hours preferable. J.N. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-helpskills.Minimum Qualification requirements: ability to cooperate with children with disabilities . Candidates should describe experience; education and/or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

COMMUNITY BANK

Community Bank is looking for an energetic team player for a 20 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly at 252-3963, for more information. Prior cash handling and customer service preferred.

VODAFONE

Vodafone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <vodafone-sasebo@aiores.ocn.ne.jp> or contact Vodafone manager at 252-3563.

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

STARS AND STRIPES

Stars and Stripes has a continuing need for newscarriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

AMERICABLE

Americable is accepting applications for a Customer Service Representative, part time approximately 25 - 30 hours a week. Must speak English and Japanese, be able to use Excel, MSWord and other common office programs. Previous customer service skills preferable. Apply in person at Building 96 Main Base across from Navy Legal. No phone calls, please.

USO

Looking for someone interested in providing great customer service! Must be flexible, able to work various locations and hours. Stop by the Fleet Landing or Nimitz Park for an application.

RELIGIOUS MINIS- TRIES DEPARTMENT

Full time pianist needed for Hario Village Protestant worship services. For more information please contact CFAS Command Chaplain Office at 252-3380. (Contract position).

MWR

REGULAR FULL-TIME POSITION:
Sailing Center
Maintenance Worker, \$10.29/hr. Open until filled.
FLEXIBLE POSITIONS:
Youth/Teen Center (HY/MB), SSN Required
Recreation Aide, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)
Bowling Center
Cook, NA-04, \$9.58/hr
Sailing & Outdoor Recreation Center
Recreation Assistant (Sailing), NF-02, \$8.39/hr
Recreation Assistant (Paintball), NF-02, \$8.39/hr
Theater (Showboat/Paintball)
Snack bar Clerk,NF-01, \$6/hr
Motion Picture Projectionist, NA-05, \$9.12/hr
Fleet Fitness Center
Recreation Aide (Gear Issue), NF-01, \$6.00/hr (Hario)

Recreation Assistant (Adult Sports), NF-02, \$8.39/hr (MB)
Maintenance Worker, NA-02, \$9.12/hr
Galaxies

Bartender, NA-05, \$9.12/hr
Bar Assistant, NA-05, \$7.91 per hour
Cashier, NF-01, \$6/hr
Club Operations Assistant (Duty Manager), NF-02, \$8.39/hr
Cook, NA-04, \$9.58/hr
Video & Sound Equipement Technician, NA-07, \$10.29/hr
Harbor View Club
Club Operation Assistant (Duty Manager), NF-02, \$8.39/hr
Service Counter Attendant \$7.50/hr Open until filled.

NEX

Open Continuous Flexible Vacancies (OC'03) Main Base & Hario
Barber, NA-7603-07, \$9.78/hr
Beautician, NA-7641-07, \$9.78/hr
Sales Clerk, NF-2091-01, \$6.00/hr
Desk Clerk, NF-1176-01, \$8.00/hr
New Part Time Vacancies (Main Base)
Desk Clerk (Navy Lodge), NF-1176-01,\$8.50/hr
New Flexible Vacancies (Main Base)
Sales Clerk, NF-2091-01, \$6.00/hr, Main Store, Open until filled.
Sales Clerk, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.
Sales Clerk, NF-2091-01, \$6.00/hr, Four Seasons Store, Open until filled.
Sales Clerk, NF-2091-01, \$6.00/hr, Mini Mart, Open until filled.
Automotive Mechanic, 60% commision (Labor Only), Auto Port, open until filled.
Navy Lodge Office Clerk, NF-6145-01,\$8.00/hr
Navy Lodge Deks Clerk, NF-1176-01,\$8.00/hr
Customer Service Clerk, NF-2091-01,\$6.20/hr
Food Service Worker, NA-7408-02,\$7.01/hr, King School Cafeteria, Open until filled.
Lead Sales Clerk, NF-2091-01,\$6.20/hr, Fleet Store, Open until filled.
Sales Associate

HRO

Store Worker (WG-6914-04) DECA, Sasebo, Open Continuous Position
Store Worker(WG-6914-04) DECA, Hario, Open Continuous Position
Sales Store Checker (GS-2091-03), DeCA, Sasebo, Open Continuous Position
Sales Store Checker (GS-2091-03) DeCA, Hario, Open Continuous Position
Education Aid/Technician(GS-1702-02/03/04) MWR, Main Base Open: 1/20/04 Close: 12/17/04 Open Continuous Position
Education Aid/Technician(GS-1702-02/03/04) MWR, Hario Open: 1/20/04 Close: 12/17/04 Open Continuous Position
Education Aid/Technician(GS-1702-02/03/04), MWR, Hario Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position
Production Controller (GS-1152-09), SRF, Open until filled.
Child Development Center Director (GS-1701-09), Open until filled.
Library Aid (GS-1411-03), Open until filled.
Library Aid (GS-1411-03), MWR, Close: Open until filled.
Recreation Assistant (GS-189-04), MWR, Close: Open until filled.
Equipment Specialist (GS-1670-09), SRF, Close: Open until filled.
Recreation Aid (GS-189-02), MWR, Hario, Open: 7/19/04 1st C/O: 8/02/04 Close: Open until filled.
Recreation Aid (GS-189-03) MWR, Hario, Open: 7/19/04 1st C/O: 8/02/04 Close: Open until filled.
Recreation Aid (GS-189-02), MWR, Main Base, Open: 7/19/04 1st C/O: 8/02/04 Close: Open until filled.
Recreation Aid (OA) (GS-189-03), MWR, Main Base, Open: 7/19/04 Close: 8/02/04.
Office Automation Clerk (GS-326-03), MWR, Hario, Open: 7/19/04 1st C/O: 8/02/04 Close: Open until filled.
The vacancy announcements are available on the HRO Yokosuka website, <hro.cnfi.navy.mil/sasebo>

WANT YOUR AD IN THE SOUNDINGS?

Deadline for submission is Tuesday close of bussiness.
The best way to get your ad in the paper is through email. For more information contact:
Sasebo Soundings
PSC 476 Box 93
252-3409.
<soundings@cfas.navy.mil>

MWR Athletics
252-3588

SASEBO SPORTS

Sasebo Sports
Report
252-2290



A basketball player looks down court in an attempt to avoid traffic as he participates in a pick-up basketball game at the Fleet gym Wednesday night. (Official U.S. Navy photo by JOSA Jeff Johnstone)

MWR sports invited to Okinawa tournament

Mark Haley
MWR Sports Director

MWR Sports has been invited to send a Men’s Softball Team to participate in the 10th Annual Kadena Klassic Softball Tournament in Okinawa, Japan, September 3-6, 2004. MWR Sports has been approved to co-sponsor the trip. MWR Sports will provide the Tournament Entry Fee, Uniform Shirts & Hats, and Bus Transportation to & from the Airport. MWR Sports will submit up to a 16-person playing roster of those 16 one will be MWR Representative, Player/Coach, and 14 Softball Players.

If you feel that you may be interested in representing CFAS Sasebo in this Softball Tournament players and coaches will be responsible for the following: Billeting for 5 nights (September 2-6, 2004). All billeting will take place at Kadena or Camp Foster price range \$12-17 per night. Air Fare to and from Okinawa airfare to date is running around \$420.00 (Round Trip). If a player or coach can get their command to provide NO Cost Travel Orders this will allow other options in travel. All meals and personal items. MWR Sports will hold a mini tryout on Sunday August 8, 2004 from 1000 - 1300. The selecting committee will be made up of two

Bicycle Safety: Stay safe on the road

Charles Carr
CFAS Safety Department

Biking is an enjoyable sport, but staying safe is very important. Use some of these tips to help out. Biking is one of the most enjoyable outdoor activities that anyone can participate in. The first and foremost important thing to remember when biking is to wear your helmet. Most of the accidents that occur regarding bicyclists could have been avoided or minimized if the person was wearing a helmet. Make sure to buy a helmet that fits you correctly and if you have questions be certain to ask a professional for assistance in fitting your head properly. A correctly fitting helmet will not move too much on your head and will cover enough of the front, back, and sides of your head to provide adequate coverage. If for any reason you do have an accident while wearing your helmet, make

sure to replace the helmet soon afterwards. Most helmets are only designed to take only one serious blow to their structure. After that, their quality becomes reduced. Helmets are the first line of defense against many types of accidents. Thinking ahead while biking primarily involves watching out for traffic as well as road problems. Traffic, cars, pedestrians, and other bikers present obstacles that you must maneuver around quickly and safely. Road problems can be defined as simply bumps, holes, sewer grates or other items that would act on your bike wheels in a manner that would cause you to have an accident. Looking out for these items as well as rocks and other litter will help insure that you stay safely aboard your bike and not be faced with possible danger. Biking as a whole is very enjoyable and is a fun sport to participate in. Being safe and using caution will insure that you enjoy the activity for many years to come.



Sasebo Sports Standings

Spring Softball (as of July 17):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	22	3	0.880	0
2	Essex	11	3	0.786	1
3	Bone Crushers	18	6	0.750	0
4	Hitmen	14	6	0.700	0
5	Dragons	13	6	0.684	0
6	Pumpers	17	10	0.630	1
7	Patriot	13	8	0.619	0
8	Snipes	5	6	0.455	0
9	Fort McHenry	3	4	0.429	0
10	Fire A-B	9	17	0.346	0
11	The Squad	5	10	0.333	0
12	Shooters	4	8	0.333	1
13	Kamikaze Squirrels	4	9	0.308	0
14	Iron Gators	2	10	0.176	0
15	A- Star	1	13	0.071	0
16	Guardian	0	12	0.000	0
17	NMBC-5	0	17	0.000	2

Spring Basketball (as of July 16):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	11	4	0.733	0
2	Juneau	11	3	0.786	0
3	Hitmen	10	13	0.435	0
4	Patriot	9	10	0.474	0
5	Showtime	6	8	0.429	0

Sports results, upcoming events:

Captain’s Cup Tournament

MON Aug 2
5:30 p.m. Field 2
Juneau vs. Harper’s Ferry
6:30 p.m. Field 2 Essex vs. Guardian
5:30 p.m. Field 2
Patriot vs. ACU-5
8:30 p.m. Field 2
Security vs. CFAS
WED Aug 4
20-5:30 p.m. Field 2 Juneau vs. Essex
22-6:30 p.m. Field 2
Guardian vs. Harper’s Ferry
23-7:30 p.m. Field 2 ACU-5 vs CFAS
Security vs. Juneau
24-8:30 p.m. Field 2 Security vs. Patriot
FRI Aug 6
25-5:30 p.m. Field -2 CFAS vs. Guardian
26-6:30 p.m. Field -2
Harper’s Ferry vs. ACU-5

MON AUG 9
6:30 p.m. Field 2 Command vs. Command
7:30 p.m. Field 2 Command vs. Command
W game 1 vs. W game 2
8:30 p.m. Field 2 Command vs. Command
L game 1 vs. L game 2
WEDAUG 11
5:30 p.m. Field 2 W game 3 vs. W game 4
-6:30 p.m. Field 2 W game 7 vs. W game 8
7:30 p.m. Field 1 L game 7 vs. W game 6
8:30 p.m. Field 2